

## SE Region HHI Report—July 2015

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### **Ashley:**

A presentation was done at “Camp All In” in Wilmot to 45 kids. Information on Injury Prevention, Sun Safety, water safety and clinic services was given to all participants.

The Administrator has begun to work with Ashley County Mayors on SOS/Tobacco Free/E-Cig policies for city parks, city buildings and changing city ordinances. She has provided each of the sample policies.

### **Bradley:**

Discussion has started to work with the Cooperative Ext. and a local business to start a community garden in Warren. The business is going to provide 2 Acres and equipment for the garden.

The Administrator has met with her three mayors to discuss way to better improve the health of Bradley County citizenen. The president of the Chamber is going to be attending the local HHI meeting to share ideas and projects that are about to get started.

### **Chicot:**

A presentation was done at the coalition meeting on Purple Period of Crying and Keeping you baby safe. There were approximalty 30 people at the meeting. An upate was also given on the Tobacco Prevention and Cessation Grant. Carrie Johnson will be covering Chicot County for this grant cycle. There will be a safety baby shower done the first of August.

The Administrator, CHNS and the State Park Ranger are in the process of planning and holding a Bicycle Safety event in October.

### **Cleveland:**

There was an Eating Fresh from the Garden presentation done during the Rison Farmers Market. These presentations will be done weekly at the Farmers market. Farmers markets are also up and going in New Edinburg and Woodlawn.

### **Desha:**

Say Yes To Best continues to enroll maternity clients to participate, 48 at this time are maternity ready to breastfeed upon delivery and 9 currently breastfeeding.

A safe sleep event/training was held for men. Education was given on ways to decrease risk of infant mortality/morbidity. There were approx. 18 people present for the event.

Back to School Immunization clinic was held in Dumas and McGehee.

The University of Arkansas at Monticello College to Technology held a Community Appreciation Day. Safe sleep information and Tobacco Prevention information was shared with 38 participants.

### **Prairie:**

A presentation was given to the Prairie County Extension Homemakers Council at the Farm Bureau in Hazen. A variety of topics were discussed including, Tobacco Prevention, Diabetes, Hypertension, Injury Prevention and Breast care.

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### CHNS/CHPS

#### Cassie Lewis

- Partnering with Central Region CHNS to write an ATRAIN CNE packet for the UAPB Minority Health, and Clearing the Air organization for the Annual Strike it out Tobacco Conference.
- Provided an interactive tobacco prevention booth at the Annual Health Education Consortium Health Fair in Lee County, Marianna, AR. Discussed dangers of tobacco in all forms, used tobacco models (Mr. Gross Mouth, Tar in a Jar, Black Lungs, and Pico monitor testing to show the dangers of and health effects of tobacco on the body.). Act 811 cards were provided for parents to show the danger of smoking in cars with kids. Information was also provided on secondhand smoke and the Arkansas Quitline for those who expressed a desire to stop using tobacco. The booth was visited by 35 participants with 11 participants taking the Smoklyzer tests. The participants were provided with information on the effects of CO<sub>2</sub> on the body's performance related to the use of tobacco products, especially smoking. Provided magnets with the Arkansas Quit Line number for assistance with quitting. Over 100 people attended the health fair.
- Creating a tobacco board related to CO<sub>2</sub> monitoring and effects of tobacco use. Design borrowed from another CHNS to create effects.
- Provided the last flyer for this school year for three school districts (seven nurses) with install news holders to schools still in session. Schools included Marianna, Helena/West Helena/ and Barton. Flyers provided on How to prevent Heat Related injuries.
- Attended ASSIST Training in Pine Bluff. ASSIST is an evidence-based Suicide Training which explores the participant's attitudes and preconceptions about suicide and instructs on ways to better understand the needs of the person who is at risk of suicide and how to use suicide first aid to assist those in need. It was a very informative and interactive workshop that engaged the participants in connecting with suicide, understanding choices, and assisting life as a caregiver in preventive efforts.
- Presented on Shaken Baby Syndrome at the Safety Baby Shower sponsored by the Northeast TRAC and the Family Nurse Partnership program. The Nurse Family Partnership staff presented on all safety aspects for the new infant, moms and caretakers. CHNS used the model Reality Doll to demonstrate how shaking a baby can be detrimental to the infant and leave the families with the devastating effects, possibly even the death of the infant. Nine mothers/mothers to be attended the shower along with two supporting grandmothers and another support person. Car Seats were provided for appropriate ladies who were assisted with certified personnel to install the car seats. Smoke Detectors, Carbon Monoxide detectors, and water temperature thermometers were also provided for participants.

#### Lisa England

- Provided a two-day health workshop (Luau) at the Southeast AR Education Coop. Topics included Injury Prevention, Tobacco Prevention, Suicide, US, Arkansas and County Trends in Adolescent

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Sexual Health and Wellness Committees: How to Keep Your Committee Active and Healthy (40 participants evaluations ranged from 89-94%).

- Attended Lifeline/Making Educators Partners training.
- Assisted SEATRAC with Car Seat Safety Checks at Pink Tomato Festival in Warren.
- Provided Safe Baby Presentation-CHW Birthing Project (12 participants)
- Planning meeting with LHUA and Lake Chicot State Park Ranger regarding conducting a Basic Bicycle Skills Clinic in the park.

### **Liz Mercer**

- Provided ASIST two-day training at Southcentral Coop in Camden on June 11<sup>th</sup> and 12<sup>th</sup>. Tobacco booth set up in room with gross mouth, CO monitor Quitline Act 811, Cardiovascular Health, Referral Fax form, 2 A's & R, Quitline line cards, and other SOS brochures were displayed. Education on all tobacco materials was discussed in presentation (15 participants).
- Provided ASIST two-day training at ARESC in Pine Bluff on June 16<sup>th</sup> and 17<sup>th</sup>. Tobacco booth set up in room with gross mouth, CO monitor (with participates reading from 2-10ppm's). Quitline was offered to participates that were over 6ppm and for family/friends who smoke. Act 811, Cardiovascular Health, Referral Fax form, 2 A's & R, Quitline line cards, and other SOS brochures were displayed. Education on all tobacco materials was discussed in presentation (22 participants).
- Provided Gatekeeper's presentation at ARESC for school staff. This met ADE's required Suicide Professional Development for 2015-2016. Tobacco booth was set up with CO monitor, Tobacco Quitline Cards, Gross mouth, Act 811 Cards and Health information about Tobacco related diseases (15 participants).
- Attended Southeast Co-Op Luau assisted with suicide presentation.
- Attended School Health Conference, was responsible for registering nurses to A-Train and keeping up with CNE'S, faxed all sign in sheets to Little Rock.
- Attended Cleveland County Kick Start in Woodlawn: Community members brained stormed on ways to improve the community and build economic development in Woodlawn area. Farmers Market started June 6<sup>th</sup> at Woodlawn Community Park.
- Attended meeting in Stuttgart; brainstormed ideas to reenergize Arkansas County Partners in Health.

### **Rosemary Withers**

- Assisted with School Health Conference: Proctored four breakout sessions: Positive Behavior Interventions and Support; Seeing the Whole Iceberg; School Partners in Youth Suicide, and Suicide Prevention: the Jason Foundation.
- Comprehensive tobacco policy follow-up resulted in two school districts (Dollarway and White Hall) including policy in handbooks as a package to be voted on in the next School Board meeting. Other districts are in the process of making a decision or have made a decision.

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- Attended Grand Rounds: Addressing Childhood Obesity in Schools: Current Status and What Arkansas Should Do to Improve and Grand Rounds: Adversity in Early Life Changes: Brain Structures & Function Resulting in Lifelong Poor Health.
- Participated in train the trainer in Making Educators Partners in Youth Suicide Prevention founded by the Society for the Prevention of Teen Suicide. Goals include to increase awareness of youth suicide; outline the role of educators in prevention, and to increase strategies for dealing with at-risk students.
- Presented on the dangers of smoking and its negative effects for Empowering Daughters of Destiny: Utilized as illustrations, a human lung model, jar of tar, yuck mouth and pregnancy and smoking model. Provided 101 Smart Reasons to be Tobacco Free activity books (approximately 42 participants).
- Attended Applied Suicide Intervention Skills Training: Discussed attitudes about suicide, understanding the needs of a person at risk, practiced assisting, and practiced working together with other caregivers.
- Co-facilitated and trained to conduct U of A Cooperative Extension Yoga for Kids, a 4-H Healthy Living Program. Received curriculum, yoga DVD, yoga music, certificate and other items (approximately 20 participants).

### **Cassie Lewis, CHNS**

- Facilitated and co-trained Gatekeepers suicide Prevention Class with GREC Coop's CTE instructor. 7 teachers in the Great Rivers Education Cooperative attended the class. This Gatekeepers class fulfills the 2 hour requirement for Act 770 (The Jason Flatt Act) law where legislation requires mandatory teen suicide awareness and prevention training for licensed School personnel.
- Provided health education for group of youth at a youth congress for the Baptist Association convention. Group from ages 8-15. Focus of discussion with youth engagement was on health issues teens face today such as: Dangers of tobacco use and secondhand smoke (provided Act 811 info. for parents); dangers of alcohol use, seatbelt safety and prevention of distracted driving, internet safety and safe cell phone use, healthy eating, and benefits of physical activity. Youth very engaged in discussion and asked really good questions. Evaluation at end of session with question and answer session regarding information discussed. 100% of students expressed greater knowledge after the session. CHNS also provided brochures and activity booklets on internet safety.
- Utilized Coop teacher center and put together tobacco Display Board for PICO/Smokylyzer education to use with health education on tobacco and with PICO CO2 testing at venues. Idea for board shared with me by another CHNS who had already compiled a board.
- Attended the St. Francis County HHI meeting. Coalition elected Vice-Chair as Chair today and elected new secretary. Previous Chair withdrew from meetings and Secretary resigned. Coalition talked about charting new direction and starting over again since participation and work has dwindled in the past year. Several upcoming events will be supported by the group including a couple of "Back to School" events, and The Cancer Expo sponsored by EAEC. The Local Health Unit

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Administrator announced the incoming of new Administrator who will most likely be introduced at the next meeting. The HHI Manager also attended this meeting.

- Attended the CHNS/CHPS meeting in Little Rock. Speakers included Martha Phillips-Evaluation of Act 1220 and lessons learned, Stephanie Alsbrook-Smart Snacks in Schools, Paula's updates by CHNS supervisors and CHNS/CHPS break-out sessions for sharing concerns and ideas.

### **Lisa England, CHNS**

- Prepared packets of Tobacco Prevention and Injury Prevention items for back to school celebrations for area health units to give schools.
- Prepared container of all the items necessary for the "Blow Bubbles Not Smoke Activity for Chicot Children's Event.
- Presentation to Chicot County Hometown Health Improvement Coalition on Baby Safe Sleep and Purple Period of crying (>30 participants).
- Several meetings with Chicot County LHU Administrator to discuss Chicot County Children's Festival and to work on presentation on proposed children's festival to promote PA and improved nutrient intake of school aged children in Chicot County.
- Presentation to Chicot County HHI Coalition regarding the counties childhood obesity rate in the schools which exceeds 40%. Potential partnering opportunity with Lake Chicot State Park to promote bicycling and other forms of PA in the park (>30 participants).
- Worked with Crossett School District Asst. Superintendent and LPN to review RN Applications and help the LPN to develop a plan for gathering all necessary student information to ensure students are immunized, have care plans, and medications before the first day of school.
- Presentation to Lake Village Healing Hearts on proposed children's festival to promote PA and improved nutrient intake of school aged children in Chicot County (they agreed to partner in the program).
- Planning Chicot County Children's Health and Safety Festival and mini grant to help cover some of the costs. Have met with and recruited community partners.

### **Liz Mercer, CHNS**

- Provided an ASIST two day training in Grant County. Tobacco table set up in room for two days also. CO monitor, Mr. Gross Mouth, Fax Referral, Quitline number, ACT 811, and many brochures available. Also provided the training at Arkansas River Education Cooperative in Pine Bluff. Tobacco table set up in room for two days also. CO monitor, Mr. Gross Mouth, Fax Referral, Quitline number, ACT 811, and many brochures available (9 participants).
- Provided an ASIST two day training at ARESC in Pine Bluff. Tobacco table set up in room for two days also. CO monitor, Mr. Gross Mouth, Fax Referral, Quitline number, ACT 811, and many brochures available. Also provided the training at Arkansas River Education Cooperative in Pine Bluff. Tobacco table set up in room for two days also. CO monitor, Mr. Gross Mouth, Fax Referral, Quitline number, ACT 811, and many brochures available. (11 participants).
- Attended Gatekeepers Training in Arkadelphia.

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- Provided Gatekeeper's presentation at ARESC on July 14 for school staff. This met ADE's required Suicide Professional Development for 2015-2016. Tobacco booth was set up with CO monitor, Tobacco Quitline Cards, Gross mouth, Act 811 Cards and Health information about Tobacco related diseases (22 participants).
- Provided Gatekeeper's presentation at ARESC on July 28 (2 sessions) for White Hall School District. This met ADE's required Suicide Professional Development for 2015-2016. Evaluation showed that 90% learned something they did not know. One participant was calling a student due to a post on Facebook to check on them because of this training. Lifeline was discussed with participants as a curriculum that could be implemented in the schools. Tobacco booth was set up with CO monitor, Tobacco Quitline Cards, Gross mouth, Act 811 Cards and Health information about Tobacco related diseases (99 participants).
- Provided Gatekeeper's presentation at ARESC on July 29 (2 sessions) for White Hall School District. This met ADE's required Suicide Professional Development for 2015-2016. Evaluation showed that 95% learned something they did not know. Lifeline was discussed with participants as a curriculum that could be implemented in the schools. Tobacco booth was set up with CO monitor, Tobacco Quitline Cards, Gross mouth, Act 811 Cards and Health information about Tobacco related diseases (60 participants).
- Attended Suicide Strategic Planning Committee in LR. SMART objectives were discussed.

### **Rosemary Withers< CHPS**

- Attended White Hall Wellness meeting: Discussed updates to the wellness policy, discussed wellness committee requirements, and set dates for quarterly meetings.
- Prepared presentation on MyPlate for Teen Health Fair.
- Partnered with Jefferson Coop Extension in the Mediterranean Cooking Class to provide carbon monoxide blood testing.
- Attended Act 1220 Planning Meeting for CHPS: Discussed history and potential future activities for the work of Act 1220 obesity prevention efforts. Collaborated with CHPS in planning for Act 1220 activities.
- Completed online IS 200 Incident Command System training. Received certificate.
- Met with chair of Growing Healthy Communities to discuss strategies to meet goals for the coming year.
- Attended Community Health Nurse Specialist-Promotion Specialist meeting: updated on evaluation of Act 1220 of 2003, updated on Smart Snacks in Schools, and updated on CHPS' strategic plan.
- Attended County Growing Healthy Communities- Discussed plans for 5K run-walk-dance activities.